

Veggie and Hummus Pita Sandwich

Makes: 50 Servings

This Mediterranean sandwich is full of flavor and texture. A lightly toasted pita smothered with creamy hummus and filled with crunchy cucumber, crisp bell pepper and juicy pieces of chicken. This main dish sandwich is filling and easy to eat on the go.

50 Servings

Ingredients	Weight	Measure
Olive oil	1.27 lbs	3 1/8 cups
Red wine vinegar	12 oz	1-1/2 cups
Salt		1 Tbsp
Ground black pepper		1 tsp
Cucumber, thinly sliced	1.5 lbs	
Green bell pepper, seeded and thinly sliced	3 lbs	
Romaine lettuce, washed, dried and cut into bite-sized pieces	3 lbs	
Cooked chicken, cut into bite-sized pieces	3 lbs	
Hummus		6 1/4 cup
Whole grain pita bread		25 pieces



Directions

1. Combine oil, vinegar, salt, and pepper in a large bowl and whisk until salt is dissolved.

2. Add cucumber, bell pepper, lettuce, and chicken and toss until vegetables are coated and everything is combined.
3. Lightly toast pita bread on both sides. Cut pita in half horizontally and gently open each half to create a pocket.
4. Spread 2 tablespoons of hummus in each pita pocket, then fill with about 1 cup of vegetable mixture.
5. Repeat with remaining pitas and vegetables.

Notes